

Hey Mama Don't Stress Ur Mind

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Val Saari (CAN) - August 2018
音樂: Mama (feat. William Singe) - Jonas Blue



WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

1-2 Walk forward, RF, LF
3&4 Rock forward on RF, Recover LF, Step back on RF
5-6 Walk back, LF, RF
7&8 Rock back on LF, Recover RF, Step LF beside right

RF CROSS ROCK, TURNING SHUFFLES (RLR,LRL), RF ROCK BACK

1-2 Rock RF over L, LF recover
3&4 Pivot 1/4 R and Shuffle forward RLR
5&6 Shuffle LRL turning 1/2 R
7-8 Rock RF back Recover LF

CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

1-2 RF Cross over L, LF Recover weight
3&4 Recover RF, Step LF in place, Step RF in place
5-6 LF Cross over R, RF Recover weight
7&8 Step LF left, Step RF beside L, Step LF 1/4 pivot L

SIDE MAMBOS CHA CHA CHA X 2 (RL)

1-2 RF Rock side right, LF recover
3&4 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)
5-6 LF Rock side left, RF recover
7&8 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027